



Announcing the INShape Indiana 2008 10 in 10 Challenge

It's time to get excited about this year's edition of INShape Indiana's 10 in 10 Challenge. Beginning on January 7th and running through March 10th, we will be encouraging those who could benefit to commit to losing 10 pounds in 10 weeks. However, anyone can use the information provided during the challenge to make healthy changes. Beginning January 7th, and for the 10 weeks that follow, you will receive a physical activity and nutrition assignment geared at promoting 1 pound of weight loss each week. This year's program will have a workplace wellness focus providing you with ways to stay fit while on the job. The weekly e-mails, being prepared with the assistance of a trainer and a nutritionist, will incorporate suggestions on better nutrition (eating 250 fewer calories a day) and ways to increase your physical activity (burning 250 additional calories a day).

To get ready for the challenge, the following actions should be considered:

- Consult your physician before undertaking a new exercise routine
- Share your goals with friends, family and co-workers and make sure you have their support
- Examine your refrigerator and pantry and remove items that may tempt you to overindulge
- Begin writing down what you eat and do in the form of a food and exercise diary
 - Be sure you have a good set of shoes for walking and other forms of exercise



Before You Begin

Before you begin this challenge, it's important for you to get an idea of a healthy personal body weight. The Center for Disease Control (CDC) suggests using the Body Mass Index (BMI) for making this determination. Go to the following website to determine your BMI: <http://www.cdc.gov/nccdphp/dnpa/bmi/>.

Quick Estimate of Calorie Needs:

Please note that this is an **estimate** of calorie needs. It does not take into account age, gender, metabolic rate, or body fat percentage. It is not an exact calculation, rather it is to be used as a ball park

figure. Healthy weight loss should be between .5 to 2 pounds per week. If you notice you are losing more than this, please adjust your calorie intake accordingly. **Losing weight too quickly, can cause fatigue, nutrient deficiencies, and may cause damaging changes to your body.**

- *If you are very active, multiply your current weight (in pounds) by 17*
- *If you are moderately active, multiply your current weight (in pounds) by 15*
- *If you are inactive, multiply your current weight (in pounds) by 13*

This estimate is the amount of calories you will need to ***maintain*** your weight. To lose weight, deduct between 250 and 500 calories from this number. This will be your calorie goal.

* Whatever your weight loss requirements, it is best to eat a minimum of 1200 calories (women) or 1600 calorie (men) per day. Again, consuming fewer calories may cause you to lose weight too quickly and put you at risk for fatigue, nutrient deficiencies, and may cause damaging changes to your body. *